

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Runs Will Be @ 6:00am, Meet @ Washington Park</i>	3	4 <i>Runs Will Be @ 7:30pm, Meet @ Washington Park</i>	5	6	7 <i>Runs TBD by PARC Members taking turns. Meeting Place also TBD</i>
8	9	10	11	12	13	14  <i>4-8 Miles</i>
15	16  <i>Run 3 Miles</i>	17	18  <i>6- 8X400M</i>	19	20	21 <i>Register for Helper Arts 5K OR Run on Own 6-9 Miles</i>
22	23  <i>Run 4 Miles</i>	24	25  <i>4- 6X800M</i>	26	27	28  <i>8-10 Miles</i>
29	30  <i>Run 4-6 Miles</i>	31				